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# Georgia Southern Examines Association between Consumption and Sleep Quantity in Pregnant Women

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Georgia Southern recently examined the association between fruits and vegetable consumption and sleep quantity in pregnant women utilizing data from the 2011 and 2012 Behavioral Risk Factors Surveillance System (BRFSS). All women (n = 2951) of childbearing age (18–44 years) who were pregnant and responded to all fruit and vegetable consumption and sleep duration questions were included. Covariates included age, race, education level, exercise, and marital status. Data were analyzed using linear and ordinal logistic regression.

Researchers found that total daily fruit and vegetable consumption was not associated with sleep duration among pregnant women, controlling for confounders [ $\beta = -0.03$ , (-0.07, 0.00)]. Orange and green vegetable consumption were both inversely associated with sleep duration [ $\beta = -0.19$ , (-0.38, -0.01) and  $\beta = -0.20$ , (-0.33, -0.08) respectively].

Ordinal logistic regression found that the odds of meeting or exceeding sleep time recommendations increased slightly with each unit increase in total fruit and vegetable consumption [OR = 1.05 (1.003, 1.092)] and for every unit increase in fruit consumption [OR = 1.12 (1.038, 1.208)]. Women who exercised within the past 30 days reported approximately 20 min of additional sleep compared to those who did not [ $\beta = 0.32$  (0.16, 0.49)]. Age, employment status, and marital status were also independently associated with sleep duration.

Sleep duration in pregnant women was associated with exercise and other demographic factors, but only mildly associated with fruit and vegetable consumption. Future research should investigate the effects of additional factors including sleep quality, gestational age, family status and other medications as potential confounders.

“[Association Between Fruit and Vegetable Consumption and Sleep Quantity in Pregnant Women](#),” was published in *Maternal and Child Health Journal*.

Dr. Kelly Sullivan, Assistant Professor of Epidemiology at the Jiann-Ping Hsu College of Public Health Georgia Southern University was the faculty mentoring author. Student authors were Ms. Carmen H. Duke, Ms. Jazmin A. Williamson, Ms. Cassandra R. Snook, and Ms. Kathryn C. Finch.

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# Georgia Southern Examines Predictors of Mammogram and Pap Screenings among US women

February 8, 2017



The most common cancers among women are breast and cervical cancer. Although early detection of cancer has been shown to increase the likelihood of survival, many women are not screened for these cancers as often as practice guidelines recommend. The objective of this study was to examine the mammography and Papanicolaou (Pap) smear screening practices among women within the United States, and to determine predictors of screening.

Results from the study showed Pap and mammography screenings were positively associated with younger age, minority race, being married, having a higher level of education, being employed, having higher household income, having health insurance and not having financial concerns regarding affording doctor visits. Blacks and Hispanic women were more than twice as likely to have Pap screenings (Black: OR=2.16, 95% CI 1.97- 2.36; Hispanic: OR=2.33, 95% CI = 2.11-2.58) and mammograms (Blacks: OR=2.11, 95% CI 1.88-2.36; Hispanics OR=1.82, 95% CI 1.60-2.07) compared to White women. Women earning less than \$10,000 per annum were much less likely to have cervical cancer screenings (OR=0.57, 95% CI 0.51-0.65) compared to women with higher incomes while mammography screening was less likely among women who reported financial barriers to health care (OR=0.59, 95% CI 0.53-0.64).

In conclusion, women from minority ethnic groups were more likely to be screened for cervical cancer compared to White, non-Hispanic women. Women from low-income households and women who could not visit a doctor due to costs had the strongest association with lacking screenings.

[“Predictors of mammogram and Pap screenings among US women,”](#) was published in the Journal of the Georgia Public Health Association.

Dr. Kelly Sullivan, Assistant Professor of Epidemiology at the Jiann-Ping Hsu College of Public Health Georgia Southern University was the faculty mentoring author. Student authors were Ms. Sewuese Akuse, Ms. Koren Tate, Ms. Tiffany Addison, Ms. Tierra Drayton, and Ms. Deborah Kanda.

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